

REPLACEMENT SHEET

ABSTRACT OF THE DISCLOSURE

A test food for detecting metabolic factors in life style-related diseases, includes, in terms of single test ingestion, from 73 to 77 grams of carbohydrates; and from 15 to 30 grams of fat. The food may be in the form of a cookie that provides from 460 to 600 kilocalories of ingestion calories in terms of a single test. The metabolic factors detected include at least one of insulin, apolipoprotein B, high density lipoprotein, low density lipoprotein, triglyceride and remnant-like particles, and insulin resistance. The life style-related diseases detected include at least one of diabetes, obesity, circulatory disease, hyperlipemia, hyperuricemia, hyperinsulinemia, and hypertension.